



Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading)

By Gary Dayton

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Overcome psychological obstacles to increase trading success

Successful traders need to be well-versed and skilled in a wide range of business and economic areas. But now, in addition to effective trading strategies and sound money management techniques, traders need to possess the know-how to handle the mental and emotional challenges of working in a highly volatile environment. *Trade Mindfully* is a unique resource that applies cutting-edge psychological techniques to trading skills, allowing readers to improve their mental outlooks and maximize the potential of their trading strategies. This book draws upon recent psychological research in behaviorism to teach new approaches that call for better focus, more confidence, and more positive perspectives and outcomes.

One of the key concepts covered in the book is mindfulness, a state of mind traditionally touted in the East for its ability to reduce stress and increase perspective, useful qualities for traders looking to rise above emotional obstacles and the poor results they cause. The author also discusses the importance of High Value Trading Actions (HVAs), specific actions that are under a trader's control. With this guide, trading professionals will be able to form solid strategies based on a combination of these notions and practices, leading to higher levels of trading performance.

- Applies sound psychological practice and evidence-based research to the trading profession
- Covers the psychological perspectives and mental skills needed to succeed in today's trading world
- Focuses on key concepts that lead to deliberate practice, specific trading activities, and increased awareness and focus
- Designed to help traders deal with the emotional challenges that come with uncertainty and risk

Trade Mindfully touches on the most essential concepts for anyone intrigued by

what trading psychology has to offer, and delivers the best strategies for achieving the right mental skills for peak performance.

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Editorial Review

From the Back Cover

Praise for TRADE MINDFULLY

"This is the best book I have found on the topic of mindfulness as applied to trading. Dr. Gary Dayton explains the problems that typically bedevil traders and draws upon extensive research to illustrate how mindfulness and a process orientation can effectively address these. Altogether a well-written and researched work that bridges theory, research, and practice."

—**Brett Steenbarger**, author of *The Daily Trading Coach*

"*Trade Mindfully* should be required reading for anyone who ventures into trading. Those traders who seek a better understanding of how the mind subverts their trading results will find this book enlightening."

—**David H. Weis**, Market Analyst

"There are times in one's life when you meet a person who is knowledgeable, passionate, and gifted at what they do, and Dr. Gary Dayton is one of those people. I met Gary several years ago at a TradeGuider seminar that he was presenting at, and I was immediately impressed by his immense knowledge of the works and studies of Richard D. Wyckoff. Gary's outstanding book has taken years of knowledge and condensed it into easy to understand material that will greatly assist any trader or investor regardless of their experience level. I highly recommend you study this book with care, and you will know the knowledge that is needed to make it in the markets. Gary is an excellent teacher, but most importantly, he is a real trader who has learned to master the markets, and in this book you have your blueprint for trading success."

—**Tom Williams**, author of *Master the Markets* and Chairman, TradeGuider Systems International

"Technology used to be the 'edge' that separated good traders from bad. Now that nearly every trader has access to the same charts, software, and order types, the real edge separating wealthy traders from failed ones is their mental approach to the markets. *Trade Mindfully* gives today's trader the tools they need to reach their peak earning potential by showing them how to maximize their profits through psychology. The way a trader 'thinks' about their trading and the markets has never been more important, and Dr. Dayton provides a step-by-step method for mastering the last true 'edge' traders have for making money in the markets."

—**Tim Bourquin**, co-founder, The Traders Expo and TraderInterviews.com

"Gary Dayton's captivating book is a trailblazer, fusing the Eastern concept of mindfulness with a psychological model used in professional sports to tame the often unruly emotional world of trading. He explores how mindfulness can conquer emotional demons that derail traders, and offers specific exercises and practices to help the reader take command of their trading. Dayton's keen insights have been featured in the *TraderPlanet* magazine—he offers significant cutting-edge concepts that are a must-read for any trader looking to take their game to the next level."

—**Lane J. Mendelsohn**, founder and president of Traderplanet.com

"This is a very good book. In fact, it is probably the most useful book in the past twenty years—packed full of useful information and activities. It deserves a place on every trader's bookshelf."

—**Ray Barros**, Professional Trader

About the Author

GARY DAYTON, Psy.D., is a psychologist, trader, and president of Peak Psychology, Inc., a consulting firm that specializes in developing peak performance in traders.

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